

Demeter's Emerald



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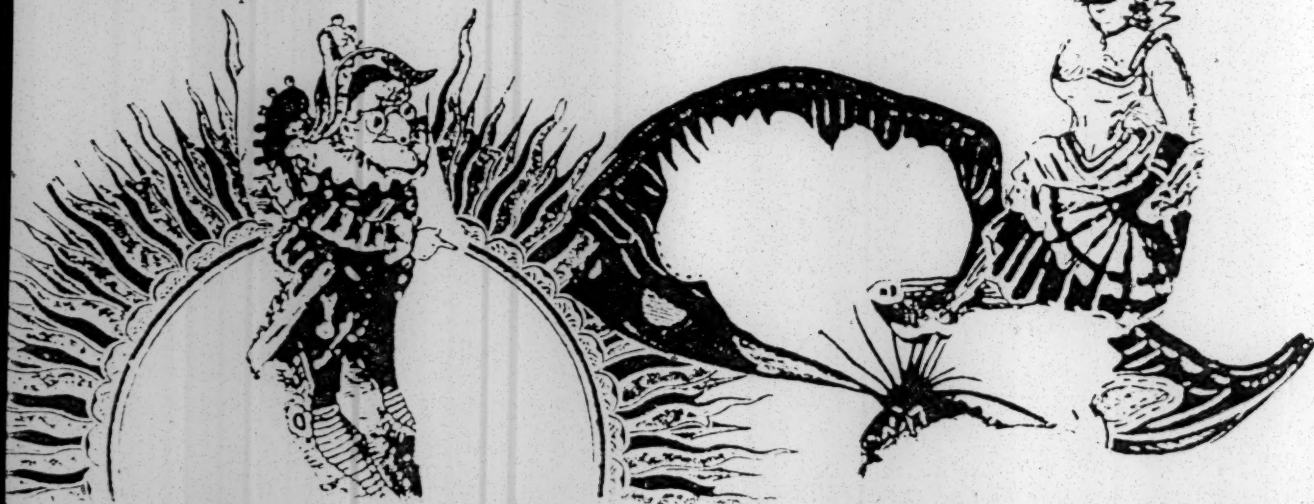
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First I want to thank all of you for your patience & understanding! As you can tell, we finally managed to get our copier fixed - for this we are thankful!

Our Vernal Equinox was a mixed bag; some great blessings & some real weirdness... to start the day out right we actually managed to get our friendly and benevolent copier-smart neighbor to commit to "I'll be over in a couple of minutes." This was a real breakthrough! Then I spent the day fielding questions on such diverse topics as what most people wear under a ski bib for warmth and whether I'm having twins next week (I'm not, it's a singular in May-June). Next we departed for my folks house to tend their dog & cat (they're away) and found that some one or thing had disarmed their alarm system, broken into their house, but didn't take a thing, merely removed a heater vent & put it on the floor! This included a visit from our friendly police officer and an alarm system repair-man. To add to the interesting news, Great Uncle Quad Krause apparently disincorporated at a ripe old age at 3:21 p.m. while happily planting his corn crop. Blessed be Quad. Finally at 9 p.m. the copier repair-man visited our home & with the flick of a wrench fixed our ever-sublime copier! No, for this we did not have to pay cash. We paid by the sweat of our ears. Yes, you guessed it! He is not only an insomniac, born-again Lutheran, but also a long-winded Mason! I know more about this man's life than even his wife should be forced to know! Somewhere around 1 a.m. I think he started to run out of steam (I became a little hazy towards the end), we now believe that he was actually sleep-talking.. Anyway, our evening concluded after a monologue on the joys of enlarging a barbeque pit area, that somehow had to do with a trip he took to Las Vegas with his landlords back in the early 1970's, but he never actually got back to the Vegas part...our daughter woke up and somehow managed to interrupt him! (his eyes even opened.)

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Well, that was our Vernal Equinox - How was yours?

LIFE IN THE CITY

In Metro L.A. there are a lot of harsh reality protection schemes to inculcate into your into your children's minds. Now we have the luxury of provoking better thoughts and ideas. I think our newspaper is doing a credible job on environmental reporting and that my biggest job is to teach them to be comfortable and non-conforming at the same time. The pressure on high I.Q. kids in (this area) to prepare for Harvard so they can have a job with IBM or the government is totally different than the frontier, take care of yourself philosophy that I grew up in.

- Tad Davies -

DOING IT

I am currently working gathering and putting together information pertaining to raising children on the Pagan path. I have activities, songs, poetry and a variety of parenting information, as well as written material of my own that may be of help to some of the parents who write to you.

In addition, I am currently forming a group for Pagan children here in the Detroit area, with the goal of teaching, group activities and ritual. If you would like to utilize this resource or know of any other interested parties, please respond to me at the address below.

Kate Mood - 23400 Wildwood, Oak Park, MI.48237

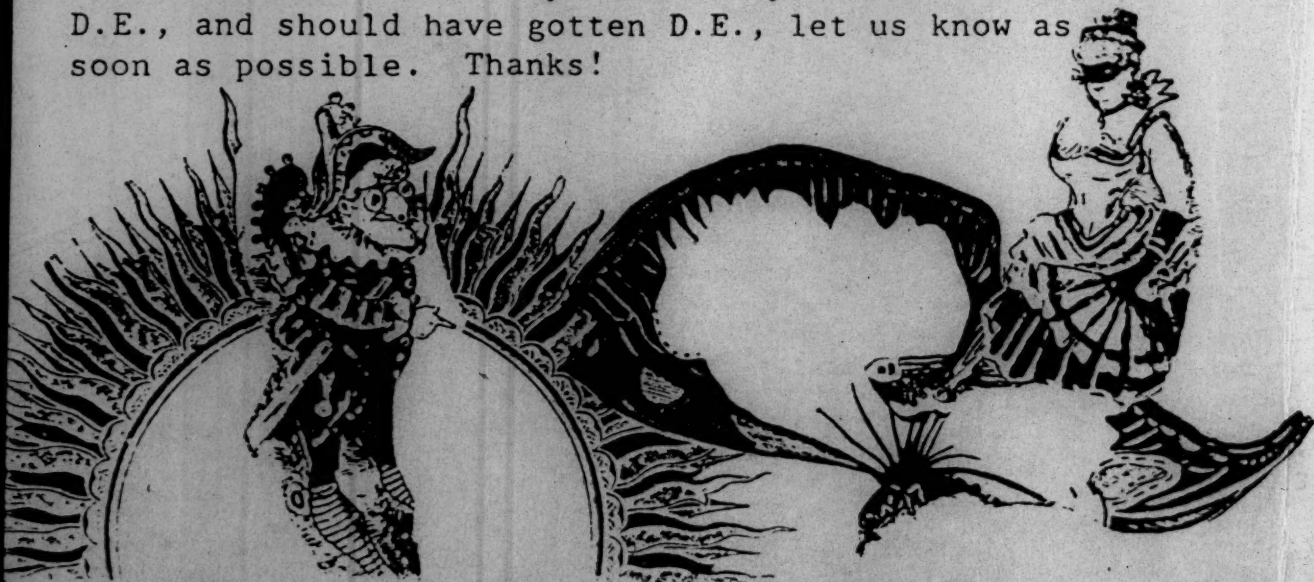
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A NOTE FROM THE BIG PINECONE IN THE SKY

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COOKING EXPERIMENT:

As a child my mom let me take everything out of the kitchen cabinet and fool around. Our four year old now likes to make "cake". He first made a cake he called "Dinosaur Cake." It was baked in the freezer. He made it from rye flour, garlic powder, cinnamon, water, salt, pepper, and other stuff. For the past month he has been making lots of these kinds of cake. Some get cooked on the stove, some outside, but never in the oven. Sometimes out of nowhere he wants to "mix" as he calls it. We have bought two store mixes. He likes this too because we can really eat it. Our whole family supports his busy work on this baking experience. It is lovely to see a child get so much joy from creating his own projects.

- Micha de Liuda Oleson -

Reprinted from New York City Home Educators Alliance N.L.

FRUITS OF LABOR

On the morning I went into labor with Billy, it was kind of funny. It was about 8:30 am. The kids and Henry were all the way down our dirt driveway - (it's about a $\frac{1}{4}$ of a mile long) - picking raspberries and blackberries. We make our own berry wines. I was at the house in bed when I went into labor. My water broke and I said to myself, this is it! So I walked down the driveway and told everybody that it was time. They were almost done berry picking so I helped them finish and we went to the hospital. When we made our Raspberry/Blackberry Wine, we called it "Labor Wine"!

Right after Billy was born, he didn't cry, but looked all around and then he stuck his tongue out at the nurse!

- Sheryl La Voie -

We are a naturist church, and consider ourselves a branch on the family tree of Pagan religions. Our gathering consists of 27 families at present, and over half of us have children, so we're excited to learn of your publication. We are most interested in rites of passage, and the roles of young adults in the church, since we have several teenagers who will be grown very soon.

...If you'd like more information about our gathering, please let us know!

B.B! Linda Hubacek Sec. The Aquarian Church Box 58951, Houston, TX. 77258

DEMETER'S EMERALD welcomes letters, discussion, articles, artwork, poems, songs, reviews, recipes, life experiences, pre-life experiences, post-life experiences and almost anything else you can think of concerning Pagan parenting and almost all topics which may somehow be connected (most topics are) in one way or another to Pagan parenting.

ATTENTION: Got a hot, or not so hot, question about Pagan parenting? No question too big or too small! We have enlisted the aid of THE GREAT ANSWER WOMAN! She is an experienced Mom, is learned in psychology, and utterly a Wise-Pagan-Woman! Send all your questions c/o Demeter's Emerald & we will forward them, unopened, to her! (We assure you, it's not one of us, so you'll get serious answers). Replies will be printed in upcoming issues! Sounds like a lot of fun to us...why, I even have a few questions! Looking forward!

A RESPONSE

I have heard people refer to family oriented Pagans as having Mormon values several times, I always wonder at the comparison.

Mormonism is not the only religion that is family oriented. I was raised Mormon, in it the family seems to be mainly an extension of the Church's organization, and who's main purpose is to keep the family Mormon, with little tolerance for theological deviation.

I'm speaking of how the family fits into the religion. Mormons love their children and want them to be happy, but only in the confines of what they view as "right", generally this means following Mormon dogma without question. Paganism has very little structural organization and any interest in family is for its own sake. Most Pagans I have met wonder about how much emphasis they should put on teaching their children Paganism over other religions; so as not to interfere with their children finding their own path.

Being oriented towards family does not imply that Pagans have Mormon values or purposes.

- Name withheld by request -

PAGANISM WITH MORMON VALUES?

No, as far as I'm concerned, or know D.E.'s purpose is not to spread Mormon values under the guise of Paganism.

The best I can honestly say is that Pagans and Mormons and a whole load of other religions, in fact the entire world as a whole, shares many of the same parenting values. That is, they would like to raise healthy happy people and generally this is accomplished thru giving good food and love to their children.

This brings the question of whether there actually are any general Pagan parenting values, outside of those that are universal in every culture and religion.

With being Pagan comes the realization that there are many truths and options. I think if any one generalization can be made about Pagan parents, it is that they are committed to allowing their children to be at one with Nature and find their own path, no matter if that path is or isn't in terms of being Pagan.

Pagans have very few "commandments" or dogma that they strictly adhere to : Mormons have well over 4,300 commandments which they must keep in order to reach their version of "heaven". This obviously reflects in the manner in which Pagan parented children, as opposed to Mormon children, are raised, that being inclusive of many values or value-systems. Among Pagans it is near to impossible to find more than a handful of Pagans who are in accord on any 10 questions of value-system thinking. But Pagans are brought together thru their love of the Sacredness of Nature and their understanding and tolerance of each other's beliefs and ways (for the most part). These attitudes are brought to their children.

I rather believe that in practice and application Paganism and Mormonism are at opposite extremes; Pagans being tolerant and open and hoping for the same attitudes within their children. Mormons being at the opposite end of that spectrum, and openly and honestly hoping and training so that their children will also be of a like mind as them.

If you teach kids self-righteous intolerance, you can bet that's going to still be there when they're adults. If you teach them open-minded tolerance and humility, you're going to change the world, just a little bit.

There are some correlations between Mormonism and Paganism. This is mainly due to the fact that Mormonism is, underneath the "christian" trappings and lip-service, based largely on Paganism and the Masonic order. Many members and even a few prophets within the Mormon Church have publicly acknowledged that Mormonism has a Pagan/Luciferian base and methods. It is not so much they who are ignorant of us, it is more that we are ignorant of them. *Cont'd on page 28*

COMING NEXT ISSUE

Desert Woman has a wonderful article on Power Animals & Kids & ideas we can use to help our children heal the Earth!

Micha de Liuda will be sharing some of her ideas for her son's Rite of Passage coming up this summer in Vermont!

Nan Koehler has some suggestions and empowering words about Young Men's Rites of Passage and how truly important it is to share this time with them!

D.E. is still looking for more material on Blessingways & Wiccanings and all manner of Rites of Passage!

Some other ideas for upcoming issues are;
 Helping kids cope with having Pagan parents
 Finding ways to make ritual more enjoyable for the entire family
 Goddesses & Gods as homeschooling helpers & teachers
 Elementals & how they relate to recycling
 Birthing as spiritual experience
 Nursing as Mother Archetype experience
 Cauldrons & Kids, do they mix?
 Anything else your heart desires!

Remember: Save a Dryad thru recycling
 Spike a tree for a Dryad
 Save a Sylph, don't use plastic wrap.





FLOWER DAY

BY NANCY CONNER

This ritual happened spontaneously between my daughter and myself one warm spring day. There was no feastday at this time. It was too late for Spring Equinox, too soon for May Day. I was weeding the Mugwort patch, my one year old son sleeping, my three year old daughter playing in the yard. The azaleas had blossomed, deep pink, light pink and white. The flowers were beginning to fall, scattering to the ground with the lightest of touches.

I was weeding, tossing the weeds into a bucket for the trip to the compost pile. On an impulse, I took my daughter's plastic pail and filled it with flowers. She played with them, fascinated. She then filled my discarded hat with flowers, which I dumped on her head. She emptied her pail on my head.

Weeding forgotten, we spent the next few minutes alternately collecting and pouring flowers on each other. At one point my daughter stretched out on the Earth and told me to cover her with flowers. Odd sort of burial I thought. Sort of like...initiation. And so it began.

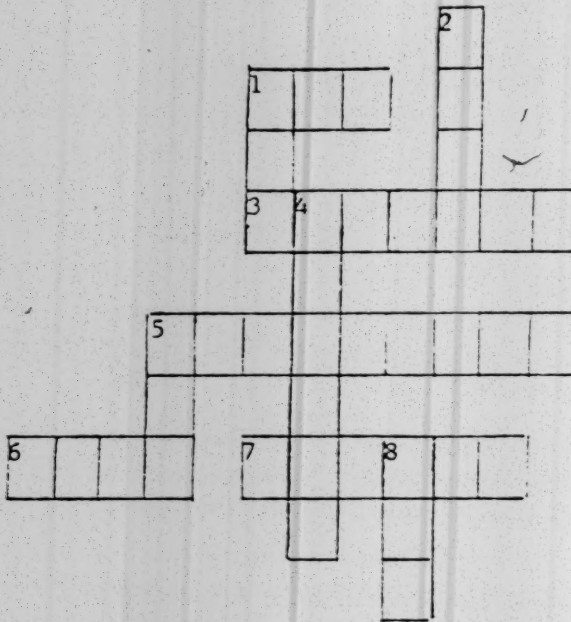
Taking the bucket first, I piled them over her, speaking of Spring, and of the blessings of the Goddess poured out upon the Earth. Then I remembered Sleeping Beauty, and the gifts of the Fairy Godmothers. I held my hat in my lap as I pulled the flowers out one at a time, gifting each as I lay it upon her. May the Goddess grant you Peace. May the Goddess grant you love. May the Goddess grant you beauty. May the Goddess grant you strength. My daughter lay still, smile on her face.

I gifted my daughter with every blessing I could think of on that sunny afternoon. Jumping up, she laughed, and we began to gather the flowers again. Then it was my turn, laying on the Earth while my daughter poured the flowers over me, gifting me in her own secret child's language. Back and forth, we played at this sacred game until the flowers were quite worn out. Gathering them up, we gave them over to the compost heap, and wandered back to our respective work/play.

Sometimes when watching my children play, I wonder. When they are themselves adults, what will they remember of me and the long days of childhood? The highs and lows of joy and pain will stay with them. But what of the quiet times, little blessings, sacred games played on spring afternoons? I can hope these stay with them also, quiet memories of the gifting times.

KIDS KORNER
BY
KATE MOOD

CROSSWORD PUZZLE



ACROSS

1. A fun thing to play with.
3. She is sometimes called Diana and she is in everyone.
5. A five-pointed star.
6. It shines in the sky at night.
7. The Goddess of healing, ideas and metalwork. We remember her on Candlemas (February 2).

DOWN

1. A game to play with friends.
2. Another word for Winter Solstice.
4. A Pagan holiday in Spring.
5. A name for the God.
6. What Pan is (see 5 down (for hint)).

Word Search

How many words can you make out of the words

"Goddess Diana"

We found 35 words. How many can you find?

Pen Pals

Kids! Would you like to have a Pagan Pen-Pal? If you would, write your name and address on a piece of paper and send it to:

Pagan Penpals
23400 Wildwood
Oak Park, MI. 48237

It will soon be Spring. The Sun's power will help the plants grow in our gardens. If you were going to go shopping for a Spring Equinox feast, which foods would you choose to have a healthful and delicious meal? Circle the healthy foods.

Fruit	Donuts	Peanut butter	Whole wheat bread
Juice	Candy	Watermelon	Frozen pizza
Hot dogs	Broccoli	Brown rice	Granola
Herb tea	Nuts	Sausage	Potato chips
Tofu	Salad	Cucumbers	French fries
Carrots	Chocolate cookies		Olives

a sun-warmed breeze rushed
round my cheeks
tossing hair freely
to dance upon my back
as I sit tree gazing
beneath the park strewn oaks.

I have always loved the spring...
it fills me with noon light
flower buds
and the song of Earth awakened.

I come here to watch -
as the children play, rejoicing
for their lack of coats and bare feet
as the birds sing, happy
for a full belly and nest...
as even the grass seems to smile
and can not help
but be content.

Somehow, in these moments
when the Mother opens her arms
and eyes to greet the solstice
and all that sleeps begins to stir
so too am I
born.

Marian

HIDE AND SEEK

7

When I am alone, and quite alone,
I play a game, and it's all my own.

I hide myself
Behind myself,
And then I try
To find myself.

I hide in the closet,
Where no one can see;
Then I start looking
Around for me.

I hide myself
And look for myself;
There once was a shadow
I took for myself.

I hide in a corner;
I hide in the bed;
And when I come near me
I pull in my head!

A. B. Shiffrin

A TIME TO DESIGN THE RIDDLE

Clepsydrae let us see
the water and the time
still the sundial tells its shadow
you would not be without the shine
the clocks on sides of socks
have figured during pace
that they were sewn near ankle bone
to be shown best upon their place
and that their gothic tracery
can bring a smile to any face.

F. De Wolf

If you view the world as a living organism
It appears humanity is behaving like cancer
Which is performing its own chemotherapy

E-Mania

PLAYDOMANCY - divination thru watching a small

child mess with play-do clay



(8)

Articles, stories, poems, songs, recipes and drawings by folks under 18 years of age will be here in D.E. every issue, so let your young'uns know!

MY DAD: A FIRST-HAND BIOGRAPHY

BY
ALI DAVIES
12/11/89

My father has many traits. A few of them are calm, mature, & bold.

One example of a time when my dad has been calm is when Elisa, my sister who was 2 at the time, swallowed 2 Advils. My mom was in a panic, but my dad stayed calm, so he took Elisa to the hospital. As it turned out, Elisa was fine. The small amount didn't affect her at all.

Another time when he was calm was when there was a fire in his office. He stayed and fought the fire, so that by the time the firemen got there, the fire was small and easy to put out.

One way that he is mature is that he does not follow fads. For instance, he owns a Toyota van instead of say, a BMW or Mercedes.

Another example of that quality is that he spends most of his time with his family. A lot of men will go out to business dinners a lot. Or they will go out to a bar and drink. But he is not like that.

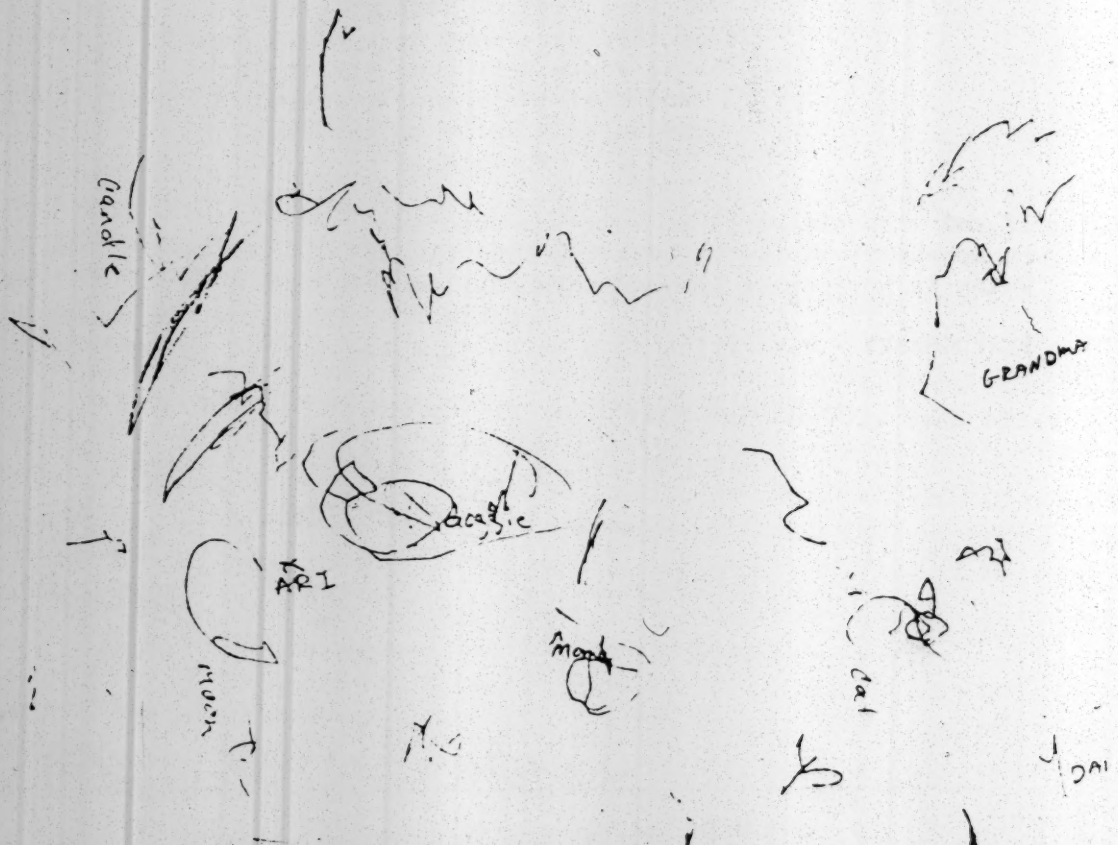
Tad Davies is also bold. When he started his business, he borrowed more money than he had to build his factory.

Another example of his boldness is that when he was younger, he drove race cars. He still has many trophies from winning car races.

Those are some traits he has- calm, mature, & bold.

REPRESENTATIONAL DRAWINGS

BY
ARIANA BOTTS
AGE 2



ASHARA I WAS, AND I AM
BY
LINDA HILLSHAFFER

(9)

At the start, I thought I would be normal, like everyone else. Who would have guessed? I was sixteen years old, ready for marriage, but not wanting to marry anyone I knew. Maybe that had something to do with what followed.

Oranto, the Wise One, took me as a pupil, despite the grumblings of some who thought girl-women unsuited. Given what followed, they may have known more than I gave them credit for. Certainly the early lessons did not go well.

When I went into the shaking tent, nothing happened, at least nothing that was supposed to happen. I would get warm by the fire, then sleepy, then fall asleep. And if I dreamed, whether true or false, nothing remained of the dreams to recount.

When Oranto hid things for me to find by sending out my spirit I could not find them. Sometimes afterward he couldn't find them either, and I think he blamed me.

"What has happened to you?" he said one day. "As a child, you had such a spark! Now you are mostly dull as skim ice across the north sea in fall." At any rate, he went into the shaking tent to see for himself, and that is when the events really began.

When he came out, he declared that I must learn to see through wolf's eyes. The spirits were angry, saying we had mistreated our allies the wolves: for far too long we had sent no one to speak to them. The spirits said I was not much good for anything else because I was meant to be an emissary to the wolves.

So I was set to the task. Day after day, after I had done my sewing or whatever chore my mother had set me to, I would go to Oranto. He would place me before the fire with a white wolf cape upon my shoulders and head. Then he would stand behind me, talking and talking and talking about the wolves. And nothing would happen, except that I would fall asleep.

One day I could take it no longer. I jumped up to tell him to stop and oh! my body was still sitting! Oranto stood behind it, droning on and on about wolves, while I stood to one side and laughed at him.

I went out and was not cold! How wonderful! Since all this had been done so we could send someone (me) to the wolves, I set out searching for them.

In the valley nearest the camp I found three wolves - two young males and their mother. I approached them politely and explained that I had been sent to speak to them, but had not been told what to say.

"Perhaps your people need food. Come, join me in this body, and we will show you some." the mother said.

I wasn't sure how to do it, but I came very close and went on my hands and knees beside her, then sort of slid into her body. What a shock! It was as if I had become alive and had never been alive before even though I thought I was. Before, the air carried some scent of snow and pines, but little else. Now! it was crisp and talked to me! I could smell a vole nestled near a pine a few feet away, and a rabbit too deep in the snow to bother with, and at least five different kinds of brush and intoxicating wolf scents!

cont'd on page 29



BREAST IS BEST

BY

CHRIS OSPITAL

cont'd on page 29

Every new mother has been prepared because of her pregnancy to produce the milk necessary for her newborn. Breast milk in ancient cultures was sometimes referred to as "white blood". It is true that breast milk is a live fluid. It contains many live cells, mainly those cells which fight infection called leukocytes. The cell count or number of these white blood cells in breast milk is highest in the first milk produced after the delivery of an infant. This first milk is called colostrum.

Colostrum is a very important food for your newborn infant. It is a yellowish often times thick fluid. This milk is very high in minerals, salts, proteins, and fat soluble vitamins such as A, E, and beta-carotene.

Colostrum helps a newborn to develop the right type of intestinal flora in the digestive tract. It also helps the baby to get rid of the intestinal waste produced during its stay in utero. This first type of stool is called meconium. Babies who do not get rid of this meconium soon after birth tend to develop jaundice of higher levels than infants who pass this stool earlier helped by the laxative effect of the colostrum.

Colostrum is also very high in antibodies which help to protect the newborn against infection. Colostrum is produced until about one week to two weeks after delivery. Some mothers especially those who have breastfed infants before may start to produce colostrum even before the baby is born but almost all mothers will produce colostrum soon after delivery especially if the child is put to breast right after delivery.

Breastfeeding moms are told alot of wrong information about colostrum and breastfeeding in general by doctors, nurses, family and friends. Many mothers stop breastfeeding when their milk is changing to transitional milk then mature milk because this later milk looks watery and thin being often times bluish white and certainly much thinner than the colostrum. They are told this milk is not rich enough for their infant. Know that your body is just changing the milk it produces to meet the nutritional needs of a growing infant. I have never in many years of working with nursing mothers found a well nourished well hydrated mother to produce milk that was not rich enough. In fact the mother's health and nutritional status will be compromised before the milk would be affected. Even where I work this past week a mother was told to throw away her colostrum because it wasn't good for the baby and she didn't need it anyway! As the mother of a sick infant it was even more important that her infant receive the easily digestible, infection fighting breast milk.

If you do decide to breastfeed your infant make sure to insist that your infant get breastmilk. Often times nurses who are not fond of breastfeeding feel it is easier to open a bottle of formula than defrost the breastmilk. You also might have to get pushy to get the doctors or nurses to let you breastfeed your infant. A good rule to follow is if the child can take a bottle they can breastfeed. One common argument against breastfeeding,

BY SUSUN WEED

With the resurgence of breast feeding in our society, there is increasing demand for remedies for the minor medical problems that accompany nursing. The treatments listed below, taken from the traditions of the midwife and the herbalist, offer a wide range of possible treatments far superior to those provided by modern "scientific" medicine.

INCREASING MILK FLOW

Of the many herbs and foods used to encourage and increase the milk flow, these are perennial favorites of midwives, mothers and Wise Women:

* Simple teas or infusions of nourishing herbs, such as Comfrey, Raspberry leaf, Nettle, Alfalfa, or Red Clover encourage a plentiful supply of breast milk and a relaxed, healthy mother. These mineral rich nourishing herbs also protect from mineral loss during the stress of nursing and infant care. Herbs should be rotated, using each one for a week, to derive the unique benefits of each.

* Apricots, asparagus, green beans, carrots, sweet potatoes, peas, pecans, and all leafy greens such as beet greens, Parsley, Watercress and Dandelion leaves are considered helpful in increasing and sustaining lactation.

* Blessed Thistle Leaves. Famed for its ability to increase milk supply, *Cnicus benedictus* is best used as a tincture; up to 20 drops, two to four times daily is the usual dose. It is said to remove suicidal feelings and lift depression as well.

* Borage leaves and flowers. The leaves of *Borago officinalis* are most highly regarded as a tea for increasing milk flow, and the flowers are a delight in salads, Half a cupful of Borage infusion at each nursing insures an abundant supply of milk, acts as a mild laxative, and soothes jangled nerves.

* Fennel/barley water. The following recipe can be well used. Prepare barley water by soaking one-half cup pearly (regular) barley in three cups cold water overnight or by boiling for 25 minutes. Strain out barley and add to a soup. Heat a cup or two of the barley water to boiling as needed, store the rest in the refrigerator. Pour one cup boiling barley water over one teaspoon Fennel seeds and steep for no longer than 30 minutes. This combination not only increases the breast milk, but eases after-pains and settles the digestion of mom and babe.

* Hop Flowers. An old remedy for mothers of twins who need lots more milk, *Humulus* is a suitable accompaniment to nighttime feedings, as it brings sleep along with increased milk flow. Hops can be obtained through high quality additive-free beers, which taste better than Hop teas. There are also alcohol and chemical free brews of Hops and malt available - "Moussy" from Switzerland for example.

FORMULA TO INCREASE BREAST MILK

This herbal formula can be used for women with deficient breast milk.

- 1 ounce dried Blessed Thistle or Borage leaves
- 1 ounce dried Raspberry or Nettle leaves
- 1 teaspoon of any of these seeds: Anise, Cumin, Fennel, Caraway, Coriander, Dill

Place leaves in a half-gallon jar and fill to the top with boiling water. Cap tightly and let steep overnight. Strain out herbs and refrigerate liquid until needed. Before nursing, pour off one cupful of the brew and heat it nearly to a boil. Pour it over a teaspoon of any of the aromatic seeds. Let it brew and cool for five more minutes before drinking.

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The Blessed Thistle (or Borage) stimulates the milk flow and helps restore vitality to weary mothers. Raspberry and Nettle supply vitamins and minerals, notably calcium, needed for plentiful lactation. The aromatic seeds increase milk production and tone the digestive system; their powers are carried through the breast milk, curtailing colic and indigestion. This brew can be drunk freely, up to two quarts a day.

TREATING PAINFUL BREASTS

There are three main causes of painful breasts;

1. A blocked milk tube or duct can cause swelling of the breast and acute pain. It usually feels like a bruised lump, and a red streak may radiate out from it.
2. Mastitis, an infection in the breast, causes pain also, and is generally accompanied by fever and acute tenderness and redness of the breast. The infected breast may become hard, lumpy and swollen.
3. An oversupply of milk or a decision not to nurse at all engorges the breast and usually causes some pain. The first remedies below are useful for all these conditions; the latter ones are more specific.

POULTICES AND SOAKS FOR SORE BREASTS

Poultices, compresses and soaks are the best general first aid for painful breasts. Hot water alone has beneficial effects, as it stimulates circulation and eases tension in taut tissues; herbs increase the effectiveness of the heat. Frequent - four to five times a day - short - three to five minute - consistent applications work better than sporadic, lengthy treatments. If infection is present, the poultice material should be discarded after use.

* Bending over with breasts in a sink full of warm water, and massaging the milk out relieves engorgement and eases pain.

* A hot compress of Parsley can ease swollen and painful breasts. A handful of fresh or dried Parsley leaves should be placed in a clean cotton diaper, tied with a rubber band and allowed to steep in simmering water for 10 to 15 minutes.

* A hot compress of Comfrey leaves, fresh or dried, will soothe sore nipples, soften engorged tissue, reduce the pain of swollen breasts, and help unblock tubes and ducts. Prepare and use the same as for Parsley.

* A cold poultice of grated raw potato can draw out the heat of inflammation, localize infection and unblock clogged tubes. Grated raw potato is applied directly to the breasts, and covered with a clean cloth. It should be removed or replaced when dry.

* Marshmallow root soaks are soothing to tender tissues. This soak will open clogged ducts and tubes, powerfully draw out infection and diminish the pain of engorged, inflamed breasts and sore nipples. Two ounces of the dried root should be steeped in a half gallon of boiling water overnight. It is reheated as needed, and put in a sink or basin to soak the breasts. The texture should be slippery and slimy.

* Another recipe: gently warm a handful of Elder blossoms in just enough oil to cover; keep warm for 20 minutes. Strain, cool and rub the oil into nipples and breast to relieve pain and sensitivity.

PREVENTING SORE NIPPLES

Although sore nipples heal rapidly, often within a day or two, it is easier to prevent them than heal them. Persistently or suddenly sore nipples may indicate thrush infection. Further symptoms of thrush include pink, flaky skin and itchy nipples. Neither sore nipples nor thrush are helped by discontinuing nursing - in fact, they may be helped by more frequent nursing. Nipple sprays intended to prevent sore nipples have been shown to be ineffective.

* The breasts should be exposed to air; women should not wear a bra all day and all night. A nursing bra should be worn with the flaps down

* Sunlight or brief periods of ultraviolet light - maximum of three minutes, but increase to this level gradually - can prevent sore nipples.

*Olive oil, sweet almond oil, lanolin, or Comfrey root ointment can be rubbed into the nipples throughout the latter part of the pregnancy and the beginning weeks of nursing.

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* It is important to place the baby correctly, making certain that the entire areola (dark area) is in her/his mouth and that the nipple is centered. Women should experiment with different nursing positions.

* Nursing often will keep the baby from becoming so hungry it tears at the breast.

* Nipples should not be washed with soap. Soap removes natural oils and predisposes the nipple to chapping and cracking. Cologne, deodorant and powder should also be kept away from the nipples.

REMEDIES FOR SORE NIPPLES

* Crushed ice should be applied in a wet cloth or a wet and frozen gauze pad to the nipples immediately before nursing. Ice is a good local pain killer; it also helps bring out soft or small nipples or nipples of a very full breast so the baby can feed more easily.

* Comfrey root ointment will soften and strengthen nipples at the same time. Comfrey root ointments are exceptionally soothing to sensitive nipples and rapidly heal any fissures or bruises.

* Yarrow leaf poultices or ointments will relieve pain and heal cracked nipples rapidly.

* heal and strengthen the nipples with natural Vitamin E. Oil should be applied after nursing.

* Any of the poultices described above for painful breasts may be used advantageously; Comfrey and Marshmallow are especially effective. Several brief poultices work better than one or two lengthy sessions.

* The gel from Aloe Vera leaf will soothe and heal sore and cracked nipples. Its bitter taste should be washed off before nursing.

* Commercial Calendula ointments will also heal and strengthen nipples.

* CAUTION: Ointments containing antibiotics, steroids and anesthetic (pain killing) drugs are potentially harmful to both mother and infant.

REMEDIES FOR A BLOCKED TUBE OR DUCT

* Cessation of nursing can increase the discomfort and endanger the milk supply. Nursing should be continued, but carefully, nursing and pumping just enough to empty the breast.

* Right before nursing, any of the above warm compresses for five to ten minutes will help. They all taste fine to the baby.

REMEDY FOR BREAST ENGORGEMENT

* Sage tea is classic remedy for stopping the flow of milk. It can be taken by the cupful, up to three cups a day, with smaller doses as needed to maintain the stoppage.

REMEDIES FOR MASTITIS

Treatment of mastitis with herbs should include;

1. Hot applications to the breast at least four times daily (see above).
2. Plenty of bed rest.
3. Nursing as often and as long as possible on the infected breast. A breast infection will not make the infant sick.

* breast infections are almost always a sign of too little rest. Regular naps or rest breaks are important.

* Poke root. A tincture of the fresh (only) root stimulates lymph gland activity and clears mastitis quickly. Poke root is potent and potentially toxic; the effect is cumulative. Use no more than 2 drops of the tincture daily. I usually combine Poke with Echinacea, but it may be effective used alone.

* Propolis is a substance secreted by bees as a glue. It has a history of use against infection in Russia and a strong following among midwives in North America. It is said to accelerate healing time by increasing the body's metabolism and general resistance to disease. A dose of the tincture is 10 to 20 drops twice a day; it combines well with Echinacea.

* Echinacea root. Echinacea is an excellent treatment for even severe cases of mastitis. I much prefer the action of Echinacea as an infusion. Use one ounce of the root in a pint of boiling water, steeped for at least eight hours. The dose is two cups daily until the fever comes down. Then make a lighter infusion - one ounce of the root in a quart of boiling water and drink one or two cups daily for another week.

For Echinacea tincture use one-half drops per pound of body weight as a single dose. Repeat the dose up to six times a day until the fever clears. Continue with two to three doses daily for another seven days until all symptoms are cleared.

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REFERENCES AND RESOURCES

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Bantam Books

Nursing Your Baby, Karen Pryor; 1973, Simon & Schuster

The Womanly Art of Breastfeeding, La Leche League; 1963

Breastfeeding Basics, Cecelia Worth; 1983, Mc Graw Hill

La Leche League, 9616 Minneapolis Ave. Franklin Park, IL. 60131

Aftercare; Sharon Hamilton Babies grow on Milk and Kisses; Amy Galblum

Booklets available from Emma Goldman Clinic for Women, 715 Dodge St.

Iowa City, Iowa 52240

The Way of Herbs, Michael Tierra; 1980 Unity Press

Susun Weed has studied and taught herbalism, nutrition and the "Wise Woman" tradition of healing for more than 20 years. She lectures and teaches workshops on these subjects at her teaching center in Woodstock, New York, and throughout the country. She is author of The Wise Woman Herbal for the Childbearing Year, and Healing Wise. She may be reached through Ash Tree Publishing, P.O. Box 64, Woodstock, New York 12498.

Editrix note: for those of you wishing to avoid the use of Comfrey you can substitute Plantain ointment generally. Occasionally Plantain can cause some skin irritation, but not usually, so you may wish to check for skin sensitivity before using. A Plantain and Plantago seed ointment may also be helpful for curing thrush in the nipples and in the infant's mouth. Gentian Violet solution applied in infants mouths has been found to be very effective in curing thrush in infants mouth within a few short days (also works for vaginal yeast infections) and may be applied to the nipples rather than directly to the infant's mouth. Gentian Violet will stain purple. Poultices of vinegar applied directly to thrush infected breasts immediately after nursing for 15 minutes helps to bring the infection to the surface where the vinegar can kill it, thus ending the tit to mouth to tit thrush spreading cycle.

For a yeast infection, peel a piece of garlic (but don't nick the clove), wrap it in gauze and use it as a suppository. It seems to help me, as does 1 tblps. each of myrrh and goldenseal simmered for 15 minutes in water, allowed to cool and used as a douche.

I hate the prescription drugs: have you read the labels? They talk about half-lives (like radiation!) on the stuff the doctor sees. I'd just as soon stay away from a product that I'm told works, but no one is quite sure why or how! Many Blessings, Osprey

Well, since there's a number of ladies out and around who are expecting pretty soon... here's a few herbs and mixes, ideas, etc... gleaned from many sources. For more detailed information, please check out the books listed as references.

This can't be stressed enough, but if you're pregnant or breastfeeding, you should still be taking Red Raspberry leaf tea. It has fraginine in it which tones the muscles in the uterus for the act of birth as well as getting it back in shape after birth. Also helps to increase milk flow. Red Raspberry leaf tea taken often during pregnancy can cut the time of labor by 25%. Willa Shaffer says that it will help prevent the cervix from tearing during birth.

P You can de-tox yourself with some dandy Dandelion leaf/root tea and Alfalfa tea's a great helper too.

Nettle infusion to help prevent hemorrhage at the time of birth - drink during pregnancy, it's never too late to begin. Nettle is also high in iron and strengthens the kidneys. Or use concentrated Chlorophyll water - it helps prevent anemia.

Kelp, kelp, the magical plant, the more you take the less you pant. The less you pant the better you'll feel so take your kelp with every meal.

When you're pregnant, especially towards the time of birthing you need a lot of calcium. Having lots of calcium in your body at the time of birth helps cut down on the amount of "sensation" (I call it pain) you'll feel. And if you don't care to drink milk all that much you can:

Crush 6 organic egg shells into 1 cup of real apple cider vinegar and one cup of honey. Whirl it around in the blender or by hand. The vinegar and honey extracts the calcium from the eggshells. Take 1 Tblsp. 3 times a day to help build up calcium reserves

B vitamins help promote hormonal functioning which is essential to simplify labor.

Pre-Natal Brews

These should be taken only during the last 6 to 7 weeks of pregnancy. Taken before they can have undesirable and unwanted effects.

Pre-natal brews generally consist of a combination of the following, give or take a few depending on who you ask:

Red Raspberry leaf (contains fraginine which superbly tones the uterus and prepares it to work efficiently during birth)

Squaw Vine (as the name implies, it has a herstory of use among Native American women for fast, easy births.)

Blessed/Holy Thistle (Hormone balancer)

False Unicorn Root (stimulates the production of hormones, especially estrogen)

Blue Cohosh (stimulates contractions if the mother is ready to birth and will help open the cervix. S. Weed suggests that taking 3 drops to a dropperful of Blue Cohosh tincture under the tongue over the course of hours will help initiate labor)

Black Cohosh (affects the uterus directly and helps ripen the cervix. Helps promote hormonal balance)

Pennyroyal (stimulates the hormone oxytocin to be released which causes contractions and labor when the woman is ready)

Lobelia (in large doses it can relieve pain in the uterine muscles, loosens up the cervix, os, vagina and can possibly be of benefit in helping the placenta release easily from the wall of the uterus.)

Golden Seal (has some function relative to birthing and is completely safe unless used to the point where it is toxic to the entire system - that would have to be a mega-over-dose of Golden Seal.)

16 Evening Primrose oil can be taken during the last 7 weeks of pregnancy to help hormonal functioning. It is prostaglandin in action and the prostaglandins (stimulated also by rampant sex) are very helpful in initiating labor. You can take it internally or rub it on your belly to help ease itching. Rub it around the perineum, clitoris, vagina, inside the vagina, and S. Weed notes that rubbing Evening Primrose oil on the cervix (and holding the cervix open thru a couple of contractions) can help soften the cervix and open it.

Massage oils for the perineum should be started at the very least during the last 7 weeks of pregnancy. If you've had a C-section and are wanting a vaginal birth, Nan Koehler suggests you also massage the area where the C-section scar is every day as soon as possible.

Some people really like the smell of Olive oil, some people really don't. So, use a massage oil that is non-drying. Almond, Cocoa Butter, Olive, Palm and Peanut oil are all non-drying oils that stay liquidy for a long time. You can use herbs in these oils to improve the smell and efficiency and benefits of the massage. I prefer Almond oil personally because it has a mild, pleasant smell that allows the scent of delicate flowers and herbs to come thru nice and strong.

Massaging the perineum before actual birth helps to prevent tearing by making the area around the vagina, and the vagina itself, more pliant, elastic and strong. Lubricating and massaging the perineum and vagina during labor also helps to increase the pliancy of the tissue and makes for "smooth sailing" when the baby passes thru.

Massaging can be a lot of fun for both the mom and the dad! Also helps to bring intimate closeness and lets dad get very acquainted with the birth canal, if he isn't already. Somehow when a man's able to get his entire hand inside of his woman a lot of (irrational) fears disappear about her ability to bring her child into the world! He can reach up and touch the cervix and feel a deep intimacy with his child.

You can easily mix up an herbed massage oil:

Take a handful of dried or fresh herb; Lavender smells very nice, Chamomille, Calendula, or any other herb who's scent appeals to you.

Put about 1 cup of Almond oil in a blender and throw in the handful of herb/flowers. Whir this mixture on the highest speed for 3 to 5 minutes. Pour the herbs and oil into a glass jar, let it sit overnight or longer if it's smell isn't as strong as you'd like. Then the next day strain out all of the herb/flower material. Use a tightly woven cloth to strain out all the sediments, repeat as many times as necessary until the oil is clear with no sediments (Cotton tea bags work great). Put your herbed oil in a glass jar with a tight fitting lid and use. You can also add Vitamin E and/or Evening Primrose Oil to your herbed oil.

Now onto the more spiritual aspects of herbs and pregnancy & birth as incense, mojo bags, drinks...

Angelica can be burnt as incense, used as an amulet, imbibed, bathed in, for the purpose of protection & calling in positive energy. Also brings personal understanding.

Benzoin - helps to guarantee success and brings into balance the personal wants with the give and take that is so much a part of birthing another human being.

Blessed Thistle - can be used as incense, mojo, or drunk for the ability to motivate oneself and may be helpful in allowing brilliant insights to come forth.

Borage - drink or incense for helping one to be happy and joyful during even very difficult situations. Also is great for increasing milk supply.

Cedar - most of us could stand a little extra money after we receive a new child - a cedar chip carried in the wallet or purse will attract money. Don't be on page 27

ABORTION CEREMONY

BY

Morag na Beinne
and Zirconia

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OPENING THE CEREMONY

CLEANSE AREA:

Charge to Firebowl (use Red Pine pitch)

"Fire and Air, where you are cast,
Let no bane nor harmful purpose last!
So be it!"

Charge to Chalice (use spring water and sea salt)

Water and Earth, where you are cast,
Let no bane nor harmful purpose last!
So be it!"

Cleanse area first with Firebowl, then with Chalice, in each case circling the area starting at the East, then going round to the South, West, North and back to the East.

CLEANSE PARTICIPANT(S):

"Cleanse the Mind,
And Cleanse the Heart."

Cleanse first with Firebowl, then with Chalice. Smoke to forehead as the word "Mind" is spoken, to upper chest when word "Heart" is spoken. Do likewise with salt water after all participants have been cleansed with smoke.

INVOKE QUARTERS AND POWERS

Sun Candle on altar, and Pine incense;

"Light the fire, and light the flame,
This be done in Creator's Name."

EAST: (Pine incense and White candle)

"Old Ones of the East, hear (Operator's Name)!
Indwelling teachers of Earth Mother's Wisdom!
Come ye now, and come ye near;
By rising smoke and candle flame,
We call thee here ...
And bid thee Welcome!"

SOUTH: (Pine incense and Yellow candle)

Old Ones of the South, hear (Operator's Name)!
Indwelling teachers of Earth Mother's Power!
Come ye now, and come ye near;
By rising smoke and candle flame,
We call thee here ...
And bid thee Welcome!"

WEST: (Pine incense and Water-blue candle)

Old Ones of the West, hear (Operator's Name)!
Indwelling teachers of Earth Mother's Compassion!
Come ye now, and come ye near;
By rising smoke and candle flame,
We call thee here ...
And bid thee Welcome!"

NORTH: (Pine incense and Grass-green candle)
18 Old Ones of the North, hear (Operator's Name!)
Indwelling teachers of Earth Mother's Strength!
Come ye now, and come ye near;
By rising smoke and candle flame,
We call thee here ...
And bid thee Welcome!

WEAVER: (West, White candle on altar)
Weaver of Life and Queen of Love,
Hear (Operator's Name)!
Great Mother of the Earth we know,
Come Ye now, and come Ye near;
By Light of Love and Fire's Glow,
We call Thee here ...
And bid Thee Welcome!

NEPHEW: (East, White candle on altar)
Lord of Light and Creator's One,
Hear (Operator's Name)!
Maker of Universe and Sun and Earth we know,
Come Ye now, and come Ye near;
By Light of Love and Fire's Glow,
We call Thee here ...
And bid Thee Welcome!"

CEREMONY

PRIEST (Father):
"Comes to us (), who by her decision has made great
change. I (), come with her in support of that decision and ask
you, our friends and community, to support us and share our grief.

Parents we might have been and brief dreams knew of joy and hope
for the future that is now altered. Though we could not in good faith
sustain this potential for human life the dream and hope remain.

For as this cycle ends, another begins, and the break in our lives
is mended.

COMMUNITY (All):
"Though we could not in good faith sustain
this potential for human life
the dream and hope remain.
For as this cycle ends,
another begins and the break in our lives
is mended."

MOTHER:
"With all my being altered, I held within my womb the sparkened seed
for new life. When I knew the dream could not be sustained I was mother no
more and grieved.

Now there is sorrow, loss and separation."

COMMUNITY (All):
"She is mother no more and grieved.
Now there is sorrow for us all,
loss, and separation."

There is a strong likelihood that the Mother or Father, or both,
will start crying at this point. If so, the Community moves from the
perimeter to the center of the Circle, enfolding the couple until the
strongest weeping is over.

PRIEST (Father) and MOTHER:

"Farewell, bright being. Better to send you, briefly known, back to whence you came, than hold you here and bring greater pain.

With loving care, as the parents we were to be, we send you forth and send you strength to ease your way."

CHANT (All):

"Farewell, bright being.
To the Grandmother you go.
Bright being, farewell.

Farewell, bright being.
To the Grandmother you go.
Bright being, farewell.

Farewell, bright being.
To the Grandmother you go.
Bright being, farewell.

Let it be so!

MOTHER:

"As a woman and lover of life,
This grievous choice was made
In sorrow but not in shame."

COMMUNITY:

Repeat
Repeat
Repeat

MOTHER:

"I go forth into the world carrying no guilt nor blame."

COMMUNITY (All):

"We welcome you into our arms
as one of us,
carrying no guilt nor blame."

Community gathers round center couple, as before, then return to perimeter of Circle.

COMMUNITY (All):

"Grandmother, we bring you () and (), restored unto us."

Couple rejoin perimeter of Circle.
All cast off black cloaks.

CLOSING THE CEREMONY

FAREWELLS: (Blow out candle after each Farewell.)

NEPHEW:

"Great Maker of Universe and Sun and Earth we know,
Thanks be for Life's Light,
And the Joy of Your presence.
We Part in Peace to Sing our Life's Song.

WEAVER:

Queen of Love, Great Mother of the Earth we know,
Thanks be for Your Love's Light,
And the Joy of Your Presence.
We Part in Peace to Sing our Life's Joys.

EAST:

Old Ones of the East!
Thanks be for Wisdom's Light,
And the Joy of Your Presence.
We Part in Peace to Sing our Life's Knowledge.

SOUTH:

Old Ones of the South!
Thanks be for Power's Might,
And the Joy of Your Presence.
We Part in Peace to Sing our Life's Force.

WEST:

Old Ones of the West!
Thanks be for Insight's Light,
And the Joy of Your Presence.
We Part in Peace to Sing our Life's Joys.

NORTH:

Old Ones of the North!
Thanks be for Earth's Strength,
And the Joy of Your Presence.
We Part in Peace to Sing our Life's Serenity."

PRAISE BE THE CREATOR!

D.E. thanks Morag na Bienne and Zirconia for bringing this powerful healing ceremony to us all!

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By The Life Root Collective.

As our daughters grow we feel them unfolding into women. Neither we nor they are ever quite ready for this transformation. Often there is an expectant, hesitant pause of awaiting that which will be. We can honor this time of expectancy by preparing Moon-cloths for our daughters, that they may wear them in respect for their Sacred Blood as Holy Garments, knowing that they are Pure, Natural and pleasing to Mother Earth. Sew them yourself, each stitch a testimony to your faith in and love for your child-woman and her coming Moon-power. Then give them to her as her gift at the time of her Womanning Ceremony.

WOMANNING CEREMONY

Gather together all the members of your community. on the first new moon after your daughter begins her bleeding/moon cycles. The first part of the ceremony will be for women and girls only. The second part for all to participate in.

All women and girls sit in a circle with the woman of honor in the South. Have bowls of herbs at each of the four directions:

Eyebright in the East for mental clarity;
Wild Yam Root in the South for the hormones of the woman-body;
Lemon Balm in the West for understanding emotions;
Rosemary in the North for strength and fortification.

You can also have corresponding musical instruments at each Quarter;
a flute or wind instrument in the East/Air Quarter;
a lyre or human voice in the South/ Fire Quarter;
a harp or guitar in the West/Water Quarter;
a sistrum or bells in the North/Earth Quarter.

In turn each woman sitting at a Quarter lights a candle. Momentarily, or longer, uses the musical instrument in her quarter. Then stands and walks to the center of the circle with the bowl of Herb in hand. She then invokes the Quarter and while doing so she scatters her Herb to each of the four Directions in four sweeping motions.

(For purposes of continuity and emphasis these ritual invocations begin in the West and end in the South, where the new Maiden is. Those who wish may choose to use a more traditional approach and/or change format.)

WEST: Woman lights her candle, strums guitar, picks up her bowl of Lemon Balm (or other) Herb, walks to center and facing her Sisters in the West says;

"Mothers of the West we come together to honor our Sister who has bled for her first time and has felt her blood and emotions come together thru her body. She is a Woman now with the power to flow freely with emotions of Woman and help her Sisters flow freely with their emotions just as the Water flows freely thru the Lands. May her blood and emotions cleanse and heal those that she touches. Her blood is the Sacred Water of Life; the giver of life, quinner of thirst, the liquid in which all life begins. She flows with the rivers and the lakes and oceans as their Sister."

Woman of the West Quarter scatters the Herb throughout her Quarter.
"Lemon Balm Herb is the gift of the West to help her understand her emotions."

She turns to the North and says: "Our Sister's emotions are forged with strength." She scatters Herb to the North.

To the East "Our Sister's emotions are guided by wisdom." Scatters Herb.

To the South: "Our Sister's emotions are filled with power." Scatters Herb. (23)

Facing West again: "I bring you our Sister whose emotions are tempered with strength, wisdom and body-power! May she understand her emotions and her blood and the emotions and blood of all creatures." Woman representing West returns to her seat and strums guitar to end her turn.

North: Woman representing the North lights candle, jingles bell(s), picks up bowl of Rosemary (or other) Herb, walks to center of circle and facing her Sisters in the North says;

"Mothers of the North we come together to honor our Sister who has bled for her first time and has felt her contractions and strength come together thru her body. She is a woman now and has the power to be a strong woman and help her Sisters to be strong women also, just as the land is strong and enduring. May her strength and endurance fortify and uphold those that she touches. Her strength is the Sacred Endurance of the Land; giver of Life, satisfier of hunger, a rock upon which the world is built. She moves with the clay and sand and earth as their Sister."

Woman of the North scatters the Herb throughout her Quarter and says, "Rosemary Herb is the gift of the North and is her ally of strength and fortification."

She turns to the East: "Our Sister's strength is guided by wisdom." Scatters Herb through the East Quarter.

To the South: "Our Sister's strength is filled with power." Scatters Herb.

To West: "Our Sister's strength flows with emotion." Scatters Herb.

Facing North again: "I bring you our Sister whose strength is tempered with wisdom, body-power and emotion! May she know her strength and endurance and bring out the strength and endurance in all creatures." Woman representing North returns to her seat and jingles bell(s) to end her turn.

EAST: Woman lights her candle, blows flute or other wind instrument, picks up her bowl of Eyebright (or other) Herb, walks to center and facing her sisters in the East says:

"Mothers of the East we have gathered to honor our Sister who has bled for her first time and felt her mind and woman-wisdom come together thru her body. She is a woman now with the capacity for learning the wisdom of Woman and sharing her own unique wisdom with her Sisters just as the wind blows always around us. May her mind and wisdom teach and enlighten those that she touches. Her mind is the Sacred Breath of Life; the giver of life, lightener of breath, a breath that sustains us all. She flies with the wind and the birds and the clouds as their Sister."

Woman of the East Quarter scatters the Herb throughout her Quarter, "Eyebright Herb is the gift of the East for helping her see clearly."

She turns to the South and says, "Our Sister's mind is filled with power." Scatters Herb throughout the South Quarter.

To the West: "Our Sister's mind flows with emotions." Scatters Herb.

To the North: "Our Sister's mind is forged with strength." Scatters Herb.

Facing East again: "I bring you our Sister who's mind and wisdom is abundant with body-power, emotions and strength! May she wisely use her woman-mind and bring wisdom to all creatures." Woman representing East returns to her seat and blows flute or other wind instrument to end her turn.

24 SOUTH: Woman of Honor lights her candle, sings a short song, picks up her bowl of Wild Yam Root (or other) Herb, walks to center and facing her Sisters in the South says;

"Mothers of the South today you have gathered in my honor to celebrate my first blood. I have felt the power of my body and rejoice! I am a woman now with the power of Woman and I will help my Sisters in their power just as the fire burns brightly. May my power and body spark and free all that I touch. My body is the Sacred Fire of Freedom; the giver of life, warmer of souls, a flame of power that burns in all. I radiate with the volcanoes and living creatures and fires as their Sister."

Young Woman scatters the Herb through the South Quarter and says, "Wild Yam Root is the gift of the South for helping me balance and empower my body."

To the West she says, "My body and power are filled with emotions and my Sister's bodies and powers are also filled with emotions. Mothers of the West I thank you for your gifts." She scatters Herb throughout the West Quarter.

To the North: "My body and power are forged with strength and my Sisters bodies and powers are forged with strength. Mothers of the North I thank you for your gifts." Scatters Herb through the North.

To the East: "My body and power are guided by wisdom and my Sisters bodies and power are guided by wisdom. Mothers of the East I thank you for your gifts." Scatters Herb through the East Quarter.

To the South again, "I come to you as your Sister who's body and power are tempered with emotions, strength and wisdom! May I burn with the power of freedom and bring power and physical well-being to all creatures. Young woman returns to her seat and sings a short song to end her turn.

This point in the ceremony is a good time to sing a song.

Now. The mother of the young woman, or an elder-woman of the group, should stand and carry a basket containing the Moon Cloths to the young woman and say:

"Daughter/Sister you have bled with the Moon and are a Maiden among Sisters. These cloths symbolize your womanhood and your oneness with Nature. Wear them in peace knowing that your blood is always sacred and positive. Wear them knowing that they harm no other being, including yourself.

Daughter/Sister you have great power and with power comes responsibility. Responsibility to yourself and to others to use your blood for good and beneficial works when the times are right. To misuse your power will surely bring unhappiness to all concerned. Stand proud of your womanhood and your blood!

(If the mother is speaking, she might say something like this):

Daughter, I have watched you grow from within myself and each day I have marveled at your life-force, your wisdom, your spiritual beauty! Each day I must change the way I view you, for each day you grow and change and are a miracle within my life! I honor you as the young woman you have become and I welcome you into our world of Woman-ways and Sister-ways!

(This above can be easily adapted for an elder-woman of the group.)

Then the entire woman-group says:

We honor you for the young woman you have become and we welcome you into our world of Woman-ways and Sister-ways!

Now all the women go to the young woman and each in turn, or as a group, hugs and kisses her. Then raising her to her feet, all dance with joy!

When everyone is seated again, the mother or elder-woman calls the men and boys into the circle, room quickly being made so that a cohesive circle re-forms.

(25)

One option here is for the father of the young woman, or elder-man, to stand and say something to this effect:

Many years ago I watched as my woman (sister) carried this woman within her body and now I honor my daughter (sister) as the woman she has become! She is a sacred woman! Let us all stand!

Father takes one of the mother's hands, she takes the next person's hand and so on around the circle until all, except the young woman, are a link around the circle. All raise their hands up high and begin to sing and the young woman weaves through the bodies going in and out through the upraised arms! (Like "in and out the window" game). If it seems interesting, the group might begin to move in the opposite direction to the direction the young woman is moving, to form a beautiful, possibly hilarious, weaving of community.

If time permits, this might be a good time for all to tell short stories of maidens of honor, of lore, legend and life.

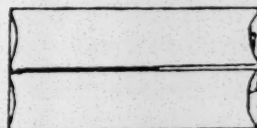
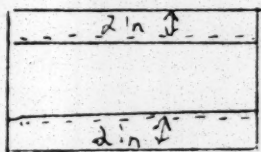
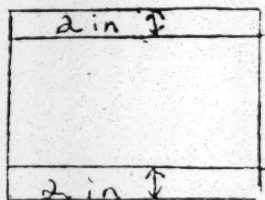
When all is through, the young woman can begin her position as woman by thanking and releasing the Directions, Elements, etc., closing the Circle.

MOON CLOTHS

You can use any soft material, of any color, that appeals to you, or may appeal to your woman-child for making Moon cloths.

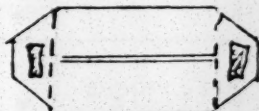
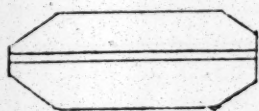
There are several possibilities for how the final Moon cloths work/stay in place. Experiment, see what feels right to your young woman.

Cut a piece of cloth to about 10"x15" for a pad that uses a waist belt to hold it in place. Fold in 2" on either long side towards the middle then fold in the middle again.



Turn the four edges under

Sew the edges down well and attach a piece of velcro to each end:



Now you have a pocket to put a soft sponge or folded cloths or cotton batting in as the absorber. You can add herbs that you like to this also.

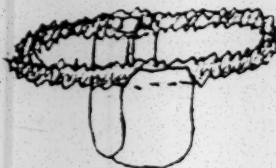
To make the belt:

Take a strip of 1" elastic and measure it to the young woman's hips. Mark the length that is comfortable to her. Add an extra inch to the length to allow for sewing, then cut elastic, set aside.

26 Using a tape measure or string, measure the young woman's hips again and add half again as much length as her hips measured: If her hips are 30" wide, add 15" more to the entire length. Take more cloth and cut it 3" to 4" wide and her hip measurements + half (in the above example it would be 45") long.

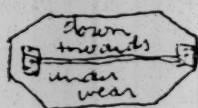
Fold the 3"-4" wide cloth in half lengthwise and sew along the long edge, then turn it inside out. Now take your elastic and thread it into the cloth tube. Make sure the elastic isn't twisted inside the tube, then sew the elastic ends together very well. Sew one end of the cloth tube to the elastic, then fold to the inside a little of the cloth of the other end of the tube and sew that end of the cloth tube to the other end of the cloth tube and the elastic. One idea is to double the length of the cloth tube and stuff it with herbs before sewing shut. This may prove to be too bulky looking for a young woman, already self-conscious about blooming hips, but very nice indeed for you and I.

Attach the two other sides of the velcro pieces to the outside of the belt, at opposite to each other. Now the pad attaches to the belt & looks like this:



I've never much cared for belts being around my waist, hips, well actually, I can't stand to have any part of my body feeling constrained. So here's another option for making Moon cloths (it's also more "norm" if you're young woman's attending school, where gym class lacks privacy):

Again, choose a soft cloth, but this time cut it so it is 6" x 8". Fold both 8" edges into the center til they meet evenly, turn edges under, as before, and sew shut. Attach velcro to both ends. This time the side that opens will be down, with the smooth side towards the body.



Now take the other two pieces of velcro and attach them to a pair of underwear, making certain that they are placed correctly to hold the pad in the proper place.

To clean: remove Moon cloth and rinse out cloth and whatever you've chosen to use as the absorber. If you're using a soft sponge you can rinse it out in very hot water & squeeze out all the water & re-insert it into a clean Moon cloth. Especially for young women on the go, the soft sponge is probably the easiest and quickest method of changing Moon cloths/pads.

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Children of the Dawn: Visions of the New Family by Joshua Halpern, 1986 Only With Love Publishing Box 5, Bodega, CA. 94922
Women's Mysteries by Esther Harding, Harper & Row Pub. 1976
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The Pregnant Virgin by Marion Woodman, 1985 Inner City Books Pub.
Earthkeeping by Gordon Harrison, 1971 Houghton Mifflin Pub.
And all the other books, too many to number.

Cinquefoil - a must have for pregnant and birthing women. Use as incense, lotion, bath herb, amulet . . . Cinquefoil brings communion and oneness with the Mother aspects of all of Nature! It brings Mother-energy that is balanced and allows the Natural course of events to happen. (27)

Eyebright- if the energy and attitude at the time of birth is becoming less than positive and perspective is being lost about the actual labor or the baby, Eyebright will bring a positive attitude and perspective. Use as an eye-wash, shampoo, bath herb, lotion, incense, drink...

Ginger Roots- can be worn in an amulet to improve health and as protection. You can always dig the Ginger out of the mojo bag, throw it in as a tea and the Ginger will revitalize the body and mind.

Jasmine - sacred to the Mother aspects of all things. It is also a protective herb and if you plan on having or using crystals around, Jasmine is excellent for charging/empowering them & vice-a-versa. You can use it as incense, mojo, or Jasmine Petal tea can be really delightful.

Lady's Mantle - not only great for stopping post-partum hemorrhage, it is also sacred to all Earth Goddesses.

Lavender is a very good herb to have around at the time of birthing: burn as an incense. Attracts very high energy and welcomes the new life into the world.

Lemon Balm - can help bring perspective and balance to emotions. Use as a tea, lotion, oil, ointment, incense, mojo

Motherwort - gives a sense of (the) purpose and a joy in the completion of the needed work. It carries to you the attitude that all will succeed precisely as it should.

Mugwort - burnt as incense brings protection to your children. I can't think of a better time to invoke protection for your children than at the time of labor and birth!

Peppermint - if you're hoping for a Spiritual/Divinitory experience during birth - birth as Vision Quest or initiation - you might use it as an incense or drink. Peppermint is also revitalizing to the body and psych-emotional which can get really heavy at times during birth.

Peony seeds - can be dried and threaded onto a white string as a protective (and Ritual) necklace. Rev. Beyerl mentions that Lore has it you shouldn't collect the seeds if a Woodpecker is watching - you'll lose your eyes.

Pennyroyal - not just a good herb for preparing the hormones and body for birth, it is also sacred to Demeter, was used at Elusias as an initiatory herb, corresponds to the High Priestess Tarot card and pearls, and contains the secrets of rebirth and immortality! Use lavishly!

Patchouly - is often associated with sex magic. Birth experience being very sexual in nature, and hopefully a combined sexual experience with both mother and father openly, Patchouly can help open them up to the sexual energies of birth. Incense, oil, perfume, bath...

Rosemary - can be used when a special event, such as birth, merits remembering. It is also an herb of strength.

Parsley can be used as a bath herb to bring oneness with the Mother Goddess and comes highly recommended for invoking the Mother Goddess when asking for a healthy pregnancy and birth.

Sandalwood- not only in-tune with Venus, corresponds to the Empress Tarot card, but it's gems are Emerald and Turquoise. Burn as an incense or add shavings to a mojo bag. Calms the mind & opens you up to the "forces"!

False Unicorn Root - used for bringing playfulness to any situation and may actually call astral Unicorns to your presence!

Watercress - a very water herb & sacred to the Undines, or Water Elementals - Nymphs... carried as an amulet, Watercress is supposed to bring safe journey to those traveling on (or in the birthing context, IN) the water. May also be used as a face wash to open the third eye.

Cont'd on page 28

PAGANISM WITH MORMON VALUES? (M'M rants)
cont'd from page 3

One of the best kept secrets about Mormonism (outside of the fundie Christians who believe Mormons are "satanists") is that Mormon children are brought up believing that if they are "good" Mormons; no alcohol, no pre-marital sex... and many, many other commandments! and attend Elusianian type Mystery plays and rites in Temple, they will become Gods and Goddesses, having their own planets to populate/rule when they die. Though on a Patriarchal note: Women can only become Goddesses if their husband gives the "okay" after death!

Paganism came first and I think the truth is that it's Mormonism that has Pagan values rather than the other way around!

- Mer'Maid -

when adults

SOME HERBS FOR PREGNANCY by Staff
cont'd from page 27

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Artemis Speaks: VBAC Stories and Natural Childbirth Information, by Nan Koehler, available for \$13.95 ppd. from S.C.B.N. Box 1005, Occidental, CA. 95465 add 6.25% tax)
Birth and the Dialog of Love by Marilyn Moran, New Nativity Press Box 6223, Leawood, KS. 66206 \$11.95 + \$1.50 + 5% tax)
Midwifery and Herbs by Willa Shaffer, 1986, Woodland Books



"Let's go." the mother wolf said inside me, and we went! Flowing over the snow, we followed a wolf trail up the valley and a little beyond. At the top of the hill we paused. looking at a herd of caribou.

"There," she told me. Your people can have plenty. Just leave two for us."

Suddenly, I was back in my own body, and very sad. I told Oranto what had happened, and he sent the hunters out the next day. They had a good hunt, and the roasted meat was good, very good, but not as good as the scent I had found at the top of the valley.

After that he would send me out almost every day, and the other lessons were forgotten. Eshrinen and Lako and Feyrn and I would go romping for a while, then scout out food, then I would be back.

One day I was told to rejoice. Oranto had decided to train his nephew Elento to work with the wolves, and I would marry Elento and stay home like all the other women.

"Why must you go?" Eshrinen asked me the next day. "You are happy here and unhappy there. Soon I will go into heat, and soon after that have pups. Stay with me, be my child, and you will become the wolf you were meant to be."

I never went back. If Elento ever contacted wolves it wasn't any I knew. Perhaps Oranto thought the spirits cheated him when they sent me to the wolves. I don't know. They brought me to my family, and I have no further interest in that other kind of people.

BREAST IS BEST BY CHRIS OSPITAL
cont'd from page 10



especially prematures, is that you can't see if they have had enough. If the infant is gaining weight daily that is the best indication of getting enough milk. If it is really important to know how much that child is getting you can weigh your infant before and after the feeding to see how much they took. One gram of weight gain is one cc or ml of milk. A 30 gram weight gain is one ounce of milk. If you pump regularly you can see how much you get when you empty your breast and can tell how it feels to have that amount of milk taken.

Most importantly don't let anyone tell you your milk is not important or good for your baby. The Mother of us all has provided women with the perfect food for their newborns. No man-made formula can compare with human breast milk or the feeling of love and pleasure a mother has in being able to provide life and growth for her child through her milk.

During this season of awakening life, celebrations of fertility, and many new babies from many creatures, enjoy the longer days and rejoice together as we welcome Spring.

Well, we received some great responses to our first survey! Our deepest thanks to those of you who did take the time to fill out and return your surveys! Please know that your responses and ideas are what will shape and guide the path and emphasis of D.E. for the future.

If there are those of you out there who find the inclination to do your survey eventually, your responses and ideas will be considered on an individual basis through the D.E. forum. Speak when you will, but don't ever hold your piece!

- 1.) 15% of responding D.E. readers are pregnant!
 100% are parents!
 20% work with children or parents professionally!
 0% Midwives
 0% Doulas
 0.4% other

- 2.) Children's ages range from unborn to 13 years old! 70% have 2 children, 30% have 4 or more children.

- 3.) Things D.E. respondents do with/for their children
 35% do conscious conception sometimes
 30% do peaceful births, sometimes
 80% breastfeed
 35% family bed
 30% do yoga
 80% meditate
 100% do rituals
 80% use herbs
 15% use homeopathy
 35% use flower essences
 35% use astrology
 0% do tai chi
 80% hug trees for fun and adventure
 50% use vitamins
 100% share their spiritual path
 50% use tinctures
 50% like massage
 0.3% do shiatsu
 80% visualize
 15% dance
 30% use pressure point therapy
 65% sing
 30% camp
 99.9% read
 30% do divinatory work
 15% homeschool 15% plan to

- 5.) Some comments about #4.:
 "I also have a large collection of crystals. My 2 year old likes to talk to rocks!"
 "My children don't live with me, so I wish these things to them with ritual and love!"
 "getting back to Naturalness is the best gift you can give your children!"

- 6.) D.E. reader's paths range from Anarchist to Pagan to Witch, Wytch to Wiccan to Shaman and Magical Woman!

- 7.) All respondents share their Spiritual Path(s) with their children!

8.) Some comments about how D.E. readers and their children feel about their sharing of their Spiritual Path(s):

"For the 13 year old it is a problem."

(31)

"Too young to tell. They love the "nature" aspects."

"They love it, are completely immersed in it and talk about it openly."

"Too little to comment, but into the fun stuff. I feel they should learn nature and Herstory."

9.) Some ideas for articles & info for D.E.

"Notice of gatherings and meetings. Pen-pal list, Birth & Abortion Stories!"

"More info for parents and also a children's corner."

"More parenting wisdom & ideas & more heart-words."

10.) Of D.E respondents;

0% total Vegan

0% raw fruit & nutters

35% Lacto-Ova Vegetarians

50% Straddlers

15% Conscientious Omnivores

0.5% Cannibal (nail biter)

15% Other

11.) Where do D.E. readers go for health care?

50% MD

30% Nurse Practitioner or Health dept.

15% Homeopath

30% Naturopath

40% Herbalist

50% Massage Therapist

40% Chiropractor

.8% Psychopath ("a moment of insanity led me to an MD")

35% Friends

100% Self

12.) Some comments on what respondents like in/about D.E.:

"Recognition of the basicity of humans by women writers."

"The Eclectic selection of information."

"Its sense of humor."

"All of it!"

"Rituals & Stories."

13.) Some responses about sharing stuff about self, family, beliefs, experiences, etc.:

"We have great ideas for our kids, but because of age we haven't been able to try out many of them...yet we've found that our attitudes about Nature and Life have already had impact on our children...they are very in-tune kids and really open to Nature and other people and themselves...Oldest likes to say Hi to Mother Moon every night (even when She's indiscernable to our naked eyes)!"

"Bringing our menfolk to the Goddess: Sons, husbands, etc. (is very important). Wiccaning of infants - ... I didn't, and have changed my mind."

"Forming a Pagan kids network in my area (&) writing a book on parenting children on a Pagan path."

"Our first two kids were such a delightful pair we shunned establishment contraception and now have 2 more delightful children - and we'll take any more that come. (Ed. note: gutsy I say!) For reasons we cannot account for, as soon as we acted like our ancient ancestors we achieved adult vitality and strength we had not previously known. It's exciting, satisfying, instinctive, visceral or whatever to mate knowing a new part of your clan will likely be the result!"

(32) Micha de Liuda gets our all-time accolades for most in-depth survey & we reprint her fine words herein:

Re: #4.) o. Getting my children to follow the Pagan path has been so easy because it is so natural, easy to understand and fun! It lets one think and feel for themselves!

z. We have homeschooled for four years. Our oldest was taken out of school after 2nd grade. Our way of homeschooling is called "Organic". This year we are doing no "bookwork" just having fun and just livin'.

Homeschooling brings family closer. There is no need in my eyes to bring "school" into the home like some folks do. The study of herbs/plants, cooking, weaving, reading, play, Goddess Herstory, creative writing are all good places to start with children.

Most homeschoolers let their children spell in their own fashion, read what they like, **play** is children's important work.

Many people quit jobs, work part time, find work at home or take children to work to make homeschooling possible for them.

Homeschooling can be hard, so people should look and find some kind of support.

One reason to do it is the simple reason that little children miss and need their parents.

5.) About #4.) :

a.) Two of my children were planned.

Two were "oops"!

I've also had 3 abortions

b.) I've had one hospital birth and 3 homebirths

c.) I breastfeed for as long as I can. (Ed.note: Up to 35 months!!!)

d.) Our children have always slept with us. They are in their own bed by age 3. They sleep with each other for the most part until they are pre-teen. We all feel happy about the family bed.

Everyone had "family bed" before central heating in the late 1800's.

m.) Tree hugging is a favorite of ours. We love trees.

x.) Reading is a big part of our life. The best ways to get children to read is to read yourself, buy lots of books **AND GET RID OF YOUR T.V.** Our children taught themselves to read with little or no help. Just because they love it!

8.) We are Pagan. I call myself a Witch. My biggest job being a mother of three boys is try as much as I can to educate my boys about wemoon.

My girl shall be brought up in the love of herself as the Image of the Goddess.

I make mistakes, but learn from them.

Being a Witch empowers myself and my family.

12.) The thing I love about D.E. is the support, holistic parenting outlook, embracing, cheerful, comforting, kind, words of wemoon wisdom.

I almost cried the first time I read it. Tears of joy knowing I wasn't alone.

13.) I love to write. I do not have enough space or time to do it well. I'd like to write books, write plays, work in film and have all of it have to do with "Goddess". I have always been Pagan, even as a child.

Our kids are:

Josh-12½, into skateboarding and reading. Wants to be an actor.

Lija-8¾, he's into T.V., drawing, talking, water & dirt play.

Abel 4½, into dress-ups, building stuff & cooking.

Maya 16 months, into babies, silly business & nursing all day!

PINE RUNE SET by Nancy Conner

\$10.00 + \$1.25 shipping

from PO.Box 1360, Exton, PA. 19341

This is the most good-energy filled Rune set we've ever used. There are 25 Runes; the German "Futhark" 24 and the Wyrd Rune also! Each Rune is emblazoned on beautifully cut Pine rounds, which are the perfect size for throwing, holding, & contemplating.

For us, and I imagine many of you, the essence of a good Rune set is how it feels and how it makes you feel, how well it connects you with the powers within and without and these Runes are definitely the very best we've found! They come in a beautiful hand-sewn cloth bag with a beaded drawstring and a sheet of Rune interpretations for immediate usage.

The shape, quality and energy of these Runes is such that they make a great addition to Altars and Circles of contemplation as well!

If you have a love of the Runes, or are even just beginning to learn the Runes, these Runes will be a fantastic way of learning, knowledge and power for you! Excellent for children too!

Ms. Conner also has hand-crafted Tarot and Gem Bags and Pennsylvania Dutch Hex signs available that are not only very reasonably priced, but are imbued with energy! Send a S.A.S.E. for more info to Ms. Conner at PO.Box 1360, Exton, PA. 19341

BASICS OF MAGIC HANDBOOK 1 By Kahoté and Church of Seven Arrows

\$5.00 includes shipping & handling

from Church of Seven Arrows, Box 185, Wheatridge, CO. 80034

They did it! Basics of Magic Handbook 1 is now revised and expanded and better than before. Many of the practices and theories are more explicit and better explained in-depth, with additions to basic ideas and practices that make it a more thorough and comprehensive, yet easily readable handbook.

The information is presented in a straightforward and linear way and takes you through basic ethics, morals & principals of magic working to Correspondences of each of the directions including; tools, elemental spirits, part of person, direction of view, colors, spiritual aspects. With notes & characteristics on each of the directional correspondences. (We found the notes to be of utmost aid!)

The explorations, manipulations and practices accompanying each element and/or mixed elements are thoroughly applicable on a very personal level and the new additions and changes have only furthered the remarkable workability and comprehensiveness & HERE & NOW availability.

The first thing you'll notice about this, and all other Church of Seven Arrows publications, is that they are definitely based in language and understanding, life-experience of today, rather than being weighted down by a lot of crap that was applicable 50 or 1500 years ago. Their premise is that what worked then does not necessarily work now. I think this is one of the most profound insights to come out of the Earth Spirit Community for a very long time. On this basis, you'll also find as you read, explore Basics of Magic 1, that the exercises, manipulations, practices are drawn from actual personal practice and trial and error experience and wisdom.

If ever I could recommend a book to you, this is the one that gets to the nintty-gritty in a highly understandable and personable manner. The teachings within this handbook are easily adapted for men, women and yes, even children.

Of benefit to all!

PAGAN PARENTS RESOURCE LIST
BY MICHA DE LIUDA

We hope that this will be a continuing feature here in D.E., so if you know of any resources that may be of interest to Pagan parents, please send them along and we will share them here.

Growing Without Schooling - a magazine for Home Educated families. They have a great music and book catalog. G.W.S. is excellent. The best magazine of its kind in print! \$20./6 issues. 2269 Massachusetts Ave. Cambridge, Mass. 02140

Homeschoolers For Peace - Penpal network. Newsletter by kids for families. By two pre-teens! Wonderful!! \$12/yr. H.F.P.- P.N. c/o Gingold, P.O. Box 74, Midpines, CA. 95345

Hans Schumm Woodworks - wooden toys. RD 2, Box 233, Ghent, N.Y. 12075

Star Child - Aquarian Age catalog. Great for families! 615 Palmetto Ave., Melbourne, FL. 32901

A Gentle Wind - Songs and stories for children. -Tapes- Box 3103, Albany, N.Y. 12203

Northern Lights - Natural dolls and soft toys (very good and very cheap)! RR 1, Box 140, Milbridge, ME. 04658

Vermont Homeschoolers Association Newsletter - Sue Pregger, Ed. 2 Caernarvon St. Fair Haven, VT. 05743

Real Goods - Solar goods, 12 volts/11v systems, gas frig., composting toilets, etc. Great catalog! 966 Mazzoni St. Ukiah, CA. 95482

After the Stork - Kids and mom clothes catalog. Wonderful nursing bras. The best. ATS, Inc (cotton clothes, low prices). 1501 12th St. NW Albuquerque, NM. 87104

Oak Meadow School - Homeschoolers resource, send for free info. Very Good! P.O. Box 712, Blacksburg, VA. 24060 (703)-552-3263

Aquarian Voices - A journal of Arcane advice for everyday living. Box 2070, Arnold Hollow Rd. Brandon, VT. 05733 Very Good!

New York City Home Education Alliance - Support group for NYC area. c/o Theresa Morris 341 E. Fifth St. NYC, NY. 10003

Music For Little People - Catalog of great tapes for children. P.O. Box 1460, Redway, CA. 95560

Mother Hart's - Natural products for home and baby. All cotton and wool. P.O. Box 4229, Boynton Beach, FL. 33424-4229

Earth Mother - Lullabies Vol. 1 & 2 by Pamela Ballingham. Vol. 2 has "Hymn to a Moon Goddess" a hurricane song from ancient Ugarit c. 1400 B.C. Unreal! Wonderful! Earth Mother Productions, P.O. Box 43204, Tucson, AZ. 85733

Pagan Parents Network at Great Mothers Love Nature Center - covering New England and NY state. c/o Micha de Liuda/Oleson Box 42, Fairfield, VT. 05455

We just got a copy of Factsheet 5 (the most amazing collection of newsletters, magazines, books, etc. reviews we've ever seen! Thanks to Tad for recommending it - we do too.) \$3. by mail or in person from Mike Gunderloy, 6 Arizona Ave., Rensselaer, NY. 12144-4502 (Verrry worthwhile!) Therein were a few N.L.'s & Mags that might be of interest...

Changing Men - pro-feminist men/father's subjects. \$4.50 306 N. Brooks St. Madison, WI. 53715

The Duplex Planet - Ed. interviews residents of nursing homes and elderly centers asking interesting questions & getting unusual answers! "charming & frequently outrageously surprizing." (could be of benefit to adults and jr.s alike) \$6/4 issues. Box 1230, Saratoga Springs, NY 12866

Otterwise - "for kids who love animals", "puts animal rights ideas into language suitable for children. \$4/4 issues Box 1374, Portland, ME. 04104

For those of you interested in Discordianism there are a # of newsletters listed & even an "article" by Kerry Thornley and for those who've been looking for a real copy of Principia Discordia, they're available for \$5 postal M.O. only from Trevor, PO Box 23061, Knoxville, TN. 37933-1061

35

Factsheet 5 even has reviews of a couple of Pagan N.L. we'd never heard of! (okay, we're not infallible...sigh). For hours of astounding entertainment, Factsheet 5 is the place to look!

The Littlest Unicorn - Pagan children's newsletter of ideas and things of interest to various aged kids. The hope is that soon all the material in TLU will be from children. Submissions from children are much appreciated; drawings, poems, stories, etc. Chris & her son David & their helpful friend Raylene the Unicorn just took over doing TLU last issue and there were quite a few items, ideas, columns and more that look to be pretty interesting to kids (my fairly uneducated guess is up to about age 12-14). \$9.75 for 8 issues. Subscriptions should be sent to Rowan Tree Church Box 8814, Mpls. MN. 55408 Submissions should be sent to The Littlest Unicorn 78 Old York Rd. Bordentown, NJ 08505 (Chris's breastfeeding column can be seen here in D.E.)

How About Magic? A magazine for Pagan kids. The editor is 14 year old Zack, with help from Otter G'Zell. Zack's motto is "Be proud to be Pagan!" H.A.M is (again, from my fairly uneducated guess) aimed towards the kids from about 10 years on up to adult. They are taking on some weighty issues; ritual working ways & whys, ecological responsibility, more. Young adults should enjoy this one a lot. \$6.00 for 4 issues, checks payable to Green Egg. Box 1542, Ukiah, CA. 95482

A NOTE ON THE VESTAL VIRGINS: Yes, they really were virgins. In the early days, the practice was to recruit them at a youngish age (pre-pubertal) from the noble families. However, there were frequent requests for release from vows when the young ladies got into their late teens/early 20s. The later practice was to mostly recruit spinsters, preferably homely ones, who were already resigned to a state of perpetual virginity.

The evidence considered sufficient to convict a Vestal Virgin of impropriety was fairly slender, considering the punishment. An unchaste Virgin was put in a small chamber, with a little food and water, then walled in. (This, by the way, was done so no blood would be shed, and so no one person could be pinpointed as the executioner of a Vestal Virgin.) The culture took this stuff VERY seriously.

For further reading, see The Annals of Tacitus, and I think Diodorus Siculus might have some material on them as well. If you are ever interested in what a well-read 20th-century-type would make of 1st-century BC (and before) goings-on. DO read Diodorus Siculus. His theories about Isis and those about Bacchus, in particular, are wonderful!

- Linda Hillshafer -

The ritual for new mothers (last issue) is beautiful and empowering. I plan on using it about June for these two...(women I know). - Cindy -

THE NEW AGE EMPORIUM has whole organic Licorice Root available for .70¢ an ounce!!! These are just the right size for little hands to hold while teething and gnawing! A bundle of the Licorice Roots makes a great new baby gifting and don't forget, the Licorice also helps to quench their thirst! From The New Age Emporium Box 51069, Indian Orchard, MA. 01151 Their 1990 Catalog is filled with all sorts of great items. Congratulations to them on the opening of their store!

SONOMA COUNTY BIRTH NETWORK & ARTEMIS COLLEGE will be hosting CAROL BRIDGES Medicine Woman Workshop in May & PEACE CHILD summer drama camp for kids on July 9-27 from 1-3. If you're in the Sonoma Co, or Bay area, there are a number of other events going on. If you would like more info on any of these, write to: SCNB 13140 Frati Lane, Sebastopol. CA. 95472 or call 874-2315

JEANNINE BAKER will be doing workshops in Bay Shore NY on May 16, more info: (516)655-4653 & Boston on May 22, (508)252-6363

DEMETER'S EMERALD will be out in the "wilds" of Tahoe for the Mountain Mother overnight camping August 4-7. There is a fee for the camp spaces, bring your own food, tents, camping, hiking gear, etc. More info: Demeter's Emerald box 612603 S. Lake Tahoe, CA. 95761 (916)-541-5348 after 7 p.m.

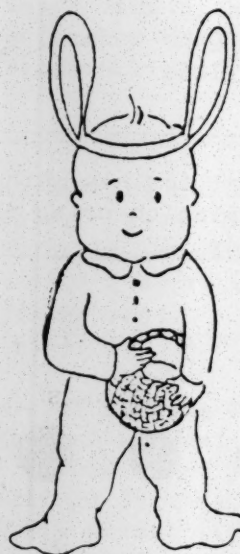
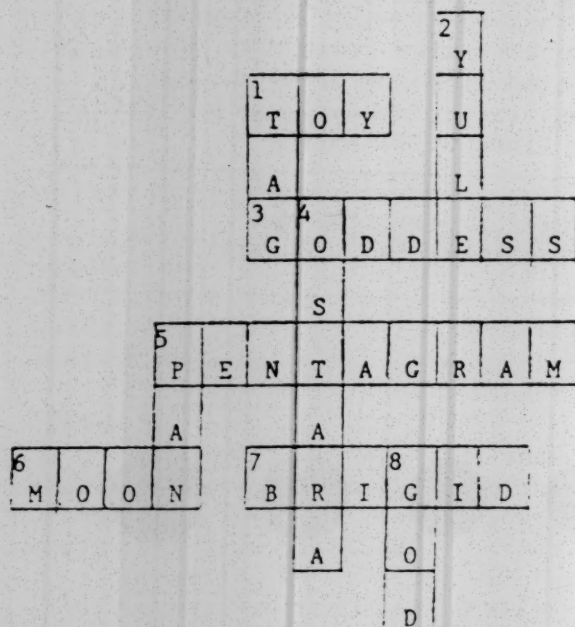
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ARE YOU READY FOR A NON-POLLUTING FUTURE? Help America prepare for the next energy crunch by participating in the ALTERNATIVE ENERGY SCIENCE FAIR sponsored by EARTH-BASE PROJEX, Inc. Explore the realms of photovoltaics, water and windpower, solar energy, greenhouse gardening, aquaculture, and closed-loop ecosystems. Send \$1 for complete information to: AE SCIENCE FAIR c/o PO BOX 1328, Bloomington, Indiana 47402-1328

"...We believe that the future begins with our children and that, once again, through the children, America will take the leading role in world science."

(Please share this information with schools, classrooms, science teachers, etc. There are age-group categories for the AE Science Fair.)

ANSWER TO CROSSWORD PUZZLE



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SONGS TO THE GODDESS tape.\$5.00
BY S.C.B.N.

Add \$1. for the first item .65¢
for each additional item. CA.
residents add 6.25% tax.

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Family Music: Great for quiet
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P. O. Box 11363
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WISE WOMAN CENTER SCHEDULE

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9-10 The Goddess as Oracle/ Merlin Stone
15-18 Herbal Intensive/ Susun Weed
22-25 Sacred Sex/ The Red Witches: Annie Sprinkle & Jwala
29-7/2 Grandmother of Time/ Z. Budapest

July

6-12 Green Witch Intensive/ Susun Weed
13-19 Green Witch Week/ The Green Witches
20-23 Healing the Witch Within/ Judith Barr
27-30 Snake Woman, Shaman Woman/ Vickie Noble

THE RISE OF THE FATES

A Mystical comedy play by
Zsuzsanna Budapest
\$6.

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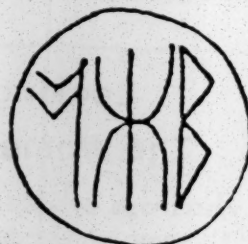
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By & for kids of an Earth
path perspective! Stories,
cartoons, art & meeting
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An international newspaper
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Send \$3 for sample
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Free listing - All proceeds collected help
defray annual production costs for The Magi.

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Deadline for Beltain is April 10

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PO BOX 1360
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various forms of Earth Spirit-
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such as Wicca, Shamanism,
Feminine Spirituality, ect.
Coordinator: Nancy Conner

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- Micha de Liuda- I'd like to network with wemoon & families. 36-37 32nd St. Long Island City, NY 11106
- MotherSpirit Network- for the exchange of ideas & support between individuals & families involved in various forms of Earth Spirituality & Nature Religions. P.O. BOX 1360 Exton, PA 19341
- Currently doing research & collecting material on Pagan parenting for a book. Looking for games, songs, activities to include. Contact Kate Mood, 23400 Wildwood, Oak Park, MI 48237
- Pagan kids Pen-Pal network- send age name, interests & address to: 23400 Wildwood, Oak Park, MI 48237
- Sonoma County Birth Network - 13140 Frati Lane, Sebastopol, CA 95472
- Llewellyn New Times Catalog. Books, tapes, Tarot, more. Box 64383-894, Saint Paul, MN 55164
- Circles of Exchange- nation-wide Org of round-robin correspondence for spiritual women. 540-C NE Northgate Way, Suite 439, Seattle, WA 98125
- All My Relations- newsletter for the Turtle Island Community. \$6/4 issues Box 352, Hazelton, BC. VOJ 1Y0 Canada (.40¢ postage to Canada)
- Runic correspondence course- Fees negotiable. Box 7026, Newark, DE 19714-7026
- Nimue- Pagan mom seeks to relocate; office & craft skills, excellent references. I have an 80x40 mobile home. Box 1664, Redding, CA 96001
- Hour Of De Wolf- Poetic Sorcery. Hard cover, 283 poems. \$9.95 in stores. \$8. from author. Postage paid. Write: De Wolf, Rt.1, Bristol, NH 03222
- Re-formed Congregation of the Goddess- Women sharing spirit & skills conference. April 20-22, Box 6021, Madison, WI 53716
- Maternidad La Luz- midwifery apprenticeship programs. For more info: 1308 Magoffen, El Paso, TX 79901
- Workshops/lectures by Marian, coordinator of The Magi. Inquire for more information: 310 Normal Ave. Buffalo, NY 14213
- Sun Child- Rite of Passage Pagan gathering. For more info write c/o Great Mothers Love Nature Center c/o de Liuda/Oleson, P.O. Box 42 Fairfield, VT 05445
- Iris Sacred Circle- Dreaming Our Earth Whole with wisewoman gifts of song and word, flower, stone, craft, & play. Catalog \$1. Box 68, Burlington, VT 05402
- Wise Woman Center- events, intensives, apprenticeships. Healing Wise Herbal \$11.95 & Herbal For The Childbearing Year \$8.95. \$3.95 p&h per order. NY residents add 7% tax. 16 pg. color calendar with full events/workshop descriptions \$1. A color postcard of events is free. Box 64, Woodstock, NY 12498
- Pagans in Recovery- newsletter and contacts. Seeking to enhance group & individual recovery through sharing tools for emotional, spiritual, physical & mental healing with those of like spirit. c/o Bekki at Horsefeathers, 22 Palmer St. Athens, OH 45701
- Witch Press- bi-annual, open forum for positive paths & religions to write openly about their beliefs. Free, but donation of stamps is appreciated. Box 1392, Mechanicsburg, PA 17055
- Sage Woman magazine- of women's spirituality. Celebrating the Goddess in every woman. \$4.50 sample copy. \$13-25/4 issues. Box 5130, Santa Cruz, CA 95063
- Basics of Magic Handbooks- \$5. ea. Shaman's Notes Handbooks- \$5. ea., except SNH #2 @ \$4. Thunder-bow Editorials @ \$3. All postage paid. From Church of Seven Arrows, Box 185, Wheatridge, CO 80034-0185
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Ads pertaining to products or services specifically for women and families, networking and announcements of gatherings, pen-pal listings are free for the first 30 words. Over 30 words is .15¢ per word. All other ads besides for those mentioned above are .15¢ per word.

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Artwork: should be black ink on a white background up to 8"x11½" in size.

Poems, Songs, Recipes: Maximum of 3 typed or handwritten pages.

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Each soul comes from The Mother into a mother onto The Mother. From The Sacred Vessel into a sacred vessel onto The Sacred Vessel. Without our mothers, we would not be. As we have the responsibility to protect and nurture and love our Mother Earth, so too do we bare the responsibility to protect and nurture and love all mothers, our sisters, in their physical and Spiritual quests of conception, pregnancy, birth, nursing, and truly, mothering. When we help our sisters attain conscious and loving motherhood, we help help The Earth by bringing in and up gentle, respectful souls who will cherish The Earth as they have been cherished by their own parents and friends.

Join us in our celebration!

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Assessed by His
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